

The Relationship of Family Attachment and Resilience with Psychological Well-Being among Adolescents Experiencing Parental Divorce in Baleendah District, Bandung Regency

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Abstract

Parental divorce represents a significant life stressor that may disrupt adolescents' psychological well-being. This study aims to examine the effects of family attachment and resilience on psychological well-being among adolescents experiencing parental divorce. A quantitative, cross-sectional design was employed, involving 60 adolescents aged 12–18 years from divorced families in Baleendah District, Indonesia. Data were collected using self-report scales assessing family attachment, resilience, and psychological well-being, and analyzed using multiple linear regression. The findings indicate that resilience has a positive and significant effect on adolescents' psychological well-being, whereas family attachment does not demonstrate a significant direct effect. However, both variables jointly explain variation in psychological well-being, with resilience playing a more dominant role. These results suggest that adolescents' internal adaptive capacities are more critical than relational factors alone in maintaining psychological well-being following parental divorce. This study contributes to the literature by integrating relational and adaptive factors within a single empirical model and highlights the importance of resilience-building interventions to support adolescents' psychological adjustment in post-divorce family contexts.

Keywords: Family Attachment; Resilience; Psychological Well-Being; Adolescents; Parental Divorce

1. Introduction

Adolescence represents a critical developmental stage marked by significant physical, emotional, social, and psychological changes. During this transitional period, individuals move from childhood toward adulthood and begin to construct their personal identity, often accompanied by internal conflicts, emotional instability, and heightened sensitivity to environmental stressors ([Pribadi & Ambarwati, 2023](#); [Prihartini et al., 2023](#)). Family plays a central role in supporting adolescents throughout this phase, as it serves as a primary source of

emotional security, affection, and socialization. A supportive and harmonious family environment contributes to adolescents' psychological stability, whereas family conflict may increase vulnerability to emotional distress and maladjustment ([Hermansyah & Hadjam, 2020](#); [Siregar et al., 2024](#)).

One of the most disruptive family experiences affecting adolescents is parental divorce. Divorce is a complex process that may involve prolonged conflict, emotional disengagement, and changes in family structure, all of which can generate significant psychological pressure for adolescents ([Hermansyah & Hadjam, 2020](#)). Adolescents who experience parental divorce often face feelings of loss, sadness, anger, anxiety, and insecurity, which may persist and interfere with their social functioning and emotional development ([Indrawati & Dewi, 2022](#); [Siregar et al., 2024](#)). Psychological difficulties arising from such experiences may intensify stress and negatively affect adolescents' daily interactions, academic engagement, and overall adjustment ([Damara Sastri, 2022](#)). Consequently, parental divorce has increasingly been recognized as a social phenomenon with substantial implications for adolescents' psychological well-being.

Following parental divorce, changes in family dynamics frequently alter the quality of emotional relationships between adolescents and their parents. Emotional support from family members remains essential in helping adolescents maintain psychological balance despite changes in family structure ([Fikri & Nuradina, 2023](#)). Attachment theory emphasizes that warm, responsive, and consistent relationships with caregivers foster a sense of security, emotional regulation, and positive interpersonal expectations (Bowlby in [Asih et al., 2021](#)). Adolescents who develop secure family attachment are generally better equipped to manage emotional challenges and adapt to stressful situations. In contrast, insecure attachment characterized by emotional distance, inconsistent communication, or unresolved conflict may increase the risk of anxiety, social withdrawal, and diminished psychological well-being ([Purwanti, 2023](#)).

In addition to family attachment, adolescents' ability to adapt and recover from adversity plays a crucial role in shaping their psychological outcomes. This adaptive capacity is commonly referred to as resilience, defined as the ability to cope effectively with stress, adversity, and life disruptions while maintaining psychological functioning ([Herlinda Putri et al., 2021](#); [Gunawan & Maramis, 2023](#)). Resilient adolescents are not those who avoid emotional difficulties, but those who are able to recover more quickly, reinterpret negative experiences constructively, and continue functioning adaptively despite hardship ([Puspitasari et al., 2020](#)). Resilience is influenced by both internal resources, such as self-confidence and problem-solving skills, and external resources, including social and familial support. Strong social support systems have been shown to enhance adolescents' emotional regulation and contribute positively to their overall well-being ([Novianti & Alfian, 2022](#); [Ekanesia et al., 2024](#)).

Psychological well-being reflects individuals' optimal functioning and encompasses dimensions such as self-acceptance, positive relationships, autonomy, purpose in life, and personal growth (Ryff & Keyes in [Novianti & Alfian, 2022](#)). For adolescents experiencing parental divorce, psychological well-being is closely related to their capacity to adjust to altered family conditions. Previous studies indicate that adolescents from divorced families tend to report lower levels of psychological well-being compared to those from intact families; however, this condition may be mitigated when adolescents possess strong resilience and supportive relational resources ([Puspitasari et al., 2020](#); [Natasya & Ediati, 2025](#)). Secure family attachment can provide a stable emotional foundation that supports resilience development,

enabling adolescents to regulate emotions more effectively and maintain a positive self-concept despite family disruption.

Although previous research has examined family attachment, resilience, and psychological well-being independently, empirical studies that simultaneously investigate the effects of family attachment and resilience on psychological well-being within a single quantitative model remain limited, particularly among adolescents who experience parental divorce. Existing studies often focus on attachment to one parent or examine resilience as a mediating variable, thereby offering a fragmented understanding of family attachment as a holistic system ([Puspitasari et al., 2020](#)). Moreover, research focusing on adolescents aged 12–18 years in regions with high divorce prevalence remains scarce. Addressing this gap, the present study aims to analyze the effects of family attachment and resilience on psychological well-being among adolescents experiencing parental divorce. By integrating relational and adaptive factors within a single empirical framework, this study is expected to contribute both theoretically to adolescent and family psychology and practically to the development of family-based support, school counseling programs, and resilience-building interventions for adolescents navigating parental divorce.

2. Literature Review

This section reviews the theoretical and empirical foundations of family attachment, resilience, and psychological well-being, with a specific focus on adolescents experiencing parental divorce. Rather than providing extensive definitions, the review emphasizes how relational resources (family attachment) and adaptive capacities (resilience) are theoretically expected to shape adolescents' psychological well-being. This approach provides a focused basis for formulating testable hypotheses in a quantitative model.

2.1 Family Attachment and Psychological Well-Being

Attachment theory posits that early and ongoing interactions with caregivers form a secure emotional base that supports individuals' psychological adjustment, particularly under stress (Bowlby in [Asih et al., 2021](#)). In adolescence, the quality of attachment is commonly reflected in trust, open communication, and the absence of persistent feelings of alienation in the parent–child relationship ([Indriyani, 2020](#)). When adolescents perceive their caregivers as emotionally available and responsive, they tend to develop stronger emotional regulation and more constructive interpersonal expectations, which are closely linked to positive psychological functioning ([Maida & Sosialita, 2023](#); [Mustagfiroh et al., 2023](#)).

In the context of parental divorce, family attachment becomes a critical protective factor because the divorce process often disrupts communication patterns and the consistency of emotional support. Evidence suggests that adolescents who maintain secure attachment and supportive family interactions exhibit better psychological adjustment and lower vulnerability to emotional distress during family transitions ([Fikri & Nuradina, 2023](#); [Efrita & Febriani, 2024](#)). In contrast, insecure attachment, characterized by emotional distance, unresolved conflict, or perceived rejection, is associated with greater anxiety, withdrawal, and negative self-evaluation, which can weaken psychological well-being (Ainsworth in [Sari, 2018](#); [Purwanti, 2023](#)). These patterns indicate that family attachment functions as a relational resource that strengthens adolescents' sense of security and supports their capacity to cope adaptively when family structure changes ([Siregar et al., 2024](#)).

Based on the theoretical rationale and prior findings, the study proposes the following

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hypothesis:

H1: Family attachment has a positive effect on psychological well-being among adolescents experiencing parental divorce.

2.2 Resilience and Psychological Well-Being

Resilience is widely conceptualized as a dynamic capacity that enables individuals to withstand adversity, adjust to demanding circumstances, and recover from psychological strain while maintaining adaptive functioning ([Herlinda Putri et al., 2021](#); [Gunawan & Maramis, 2023](#)). Resilient individuals are not free from distress; rather, they can regulate negative emotions, maintain optimism, and employ effective coping strategies when facing stressful events ([Puspitasari et al., 2020](#)). In adolescence, resilience is particularly relevant because developmental demands often coincide with heightened emotional reactivity and social pressure.

Parental divorce can act as a major stressor that challenges adolescents' emotional stability and social functioning. In such circumstances, resilience helps adolescents reinterpret difficult experiences, reduce maladaptive coping tendencies, and sustain constructive engagement with their environment ([Putri & Laeli, 2024](#); [Ramdhani & Nur, 2025](#)). Prior research consistently indicates that higher resilience is associated with stronger psychological well-being, including better self-acceptance, purposefulness, and relational functioning ([Natasya & Ediati, 2025](#); [Novianti & Alfian, 2022](#)). Importantly, resilience is shaped not only by internal psychological resources but also by external support systems. Social support from family and significant others strengthens emotional regulation and adaptive coping, thereby supporting psychological well-being ([Ekanesia et al., 2024](#)). This is aligned with evidence suggesting that psychological difficulties in adolescents may elevate social anxiety and loneliness, which underscores the importance of resilience and supportive contexts in maintaining psychological well-being ([Aisy & Akbar, 2025](#)).

Accordingly, the study advances the following hypothesis:

H2: Resilience has a positive effect on psychological well-being among adolescents experiencing parental divorce.

2.3 Joint Effects of Family Attachment and Resilience on Psychological Well-Being

Although family attachment and resilience are conceptually distinct, both are theoretically expected to contribute to adolescents' psychological well-being through complementary pathways. Family attachment represents a relational foundation that provides emotional security, while resilience reflects an adaptive capacity that enables adolescents to manage stress and recover from adversity. In divorce-affected families, adolescents who receive consistent emotional support and maintain secure attachment may be more likely to develop resilience, because stable relational bonds reinforce self-confidence and encourage adaptive coping ([Murniasih & Irvan, 2023](#); [Putri & Laeli, 2024](#)). Conversely, weakened attachment and low family support may undermine resilience by limiting emotional resources and reducing adolescents' perceived safety to process distress.

Psychological well-being is commonly understood as optimal psychological functioning characterized by self-acceptance, autonomy, positive relationships, environmental mastery, life purpose, and personal growth (Ryff & Singer in [Pedhu, 2022](#); [Batubara et al., 2022](#)). When adolescents experience parental divorce, maintaining psychological well-being depends on both

their relational environment and their capacity to adapt. Empirical work suggests that attachment and resilience can jointly explain variations in psychological well-being among adolescents with divorced parents, yet prior studies often model resilience as a mediator or examine parental attachment separately, leaving limited evidence on the combined direct effects in a single quantitative framework ([Puspitasari et al., 2020](#); [Purwati, 2024](#)). Addressing this gap, the present study examines the simultaneous contribution of family attachment and resilience to adolescents' psychological well-being.

Therefore, the following hypothesis is proposed:

H3: Family attachment and resilience jointly have a positive effect on psychological well-being among adolescents experiencing parental divorce.

2.4 Previous Research

Table 1. Summary of Relevant Previous Studies

No	Study (Author, Year)	Context & Method (brief)	Key Findings	Relevance to This Study / Gap
1	Trissaputri & Soetjiningi (2024)	First-year university students from outside Java (UKSW).	Parental attachment is positively and significantly associated with resilience; higher parental attachment corresponds to higher resilience.	Provides evidence that attachment relates to resilience, but does not examine psychological well-being and uses a different population (university students, not adolescents affected by divorce).
2	Puspitasari, Maslihah, & Wulandari (2020)	Adolescents with divorced parents.	Attachment significantly predicts psychological well-being, with resilience tested as a mediating variable.	Highly relevant because the population is similar; however, the study emphasizes mediation and examines attachment in a different operationalization, leaving limited evidence on direct, simultaneous effects of attachment and resilience in one model.
3	Sulaeman, & Shaleh (2023).	University student sample.	A significant positive relationship exists between parental attachment and resilience.	Supports the attachment–resilience link, but does not include psychological well-being and differs in sample and context (students, not divorce-affected adolescents).
4	Novianti & Alfian (2022)	University students.	Resilience significantly predicts psychological well-being, with social support positioned	Supports the resilience–well-being relationship; however, it excludes attachment variables and uses a different population and model structure (mediation by social support).

		as a mediating variable.	
5	Purwati (2024)	Adolescents; moderated model.	Parental attachment predicts psychological well-being, with social support as a moderator. Reinforces the role of attachment for well-being, but focuses on moderation, not the combined influence of attachment and resilience, and does not directly test the joint effects in one regression model.

Prior studies suggest that attachment and resilience are important resources for psychological adjustment, yet existing evidence remains fragmented. Several studies confirm a positive association between parental attachment and resilience [Trissaputri, & Soetjningsih, \(2024\)](#), while others demonstrate that resilience predicts psychological well-being and that the effect may depend on social support mechanisms ([Novianti & Alfian, 2022](#); [Purwati, 2024](#)). Research most aligned with the present context is [Puspitasari et al. \(2020\)](#), which examines adolescents with divorced parents; however, resilience is positioned as a mediator, and attachment is not consistently treated as a unified family system. Therefore, empirical research that simultaneously tests the direct contributions of family attachment and resilience to psychological well-being in adolescents experiencing parental divorce remains limited, motivating the present study.

2.5 Conceptual Framework

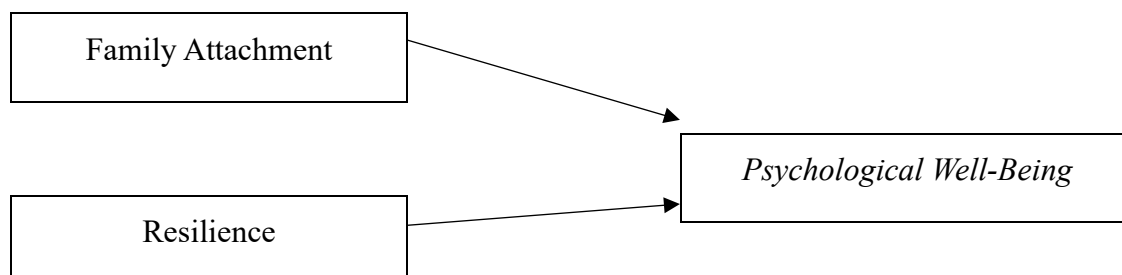


Figure 1. Conceptual Research Model

3. Research Method

3.1 Research Design

This study employed a quantitative, cross-sectional, descriptive-correlational design to examine the relationships between family attachment, resilience, and psychological well-being among adolescents experiencing parental divorce. A correlational approach was selected because the study aims to identify the direction and strength of associations among variables without manipulating participants' conditions. Descriptive statistics were used to summarize respondents' profiles and to describe the levels of family attachment, resilience, and psychological well-being.

3.2 Participants and Sampling

The target population comprised adolescents who had experienced parental divorce. Participants were recruited using purposive sampling, given the specific characteristics required for inclusion. The inclusion criteria were: (1) aged 12–18 years, (2) having parents who are

divorced, and (3) providing informed consent to participate. Data were collected using an online questionnaire distributed through social media platforms (e.g., WhatsApp, Instagram, TikTok, and Twitter).

3.3 Measures and Instrumentation

All constructs were assessed using five-point Likert-type scales (1 = Strongly Disagree, 5 = Strongly Agree). Negatively worded items were reverse-coded prior to analysis. Table 2 summarizes the instruments used in this study.

Table 2. Summary of Research Instruments

Variable	Theoretical Basis	Dimensions	Scale Format	Example Scoring
Family Attachment (X1)	Greenberg & Arnsden (via Indriyani, 2020)	Trust, Alienation, Communication,	5-point Likert	Favorable: 5→1; Unfavorable: 1→5
Resilience (X2)	Herlinda Putri et al., 2021 ; Gunawan & Maramis, 2023	Personal competence, Positive acceptance of change, Trust in one's instincts, Control, Spiritual faith	5-point Likert	Favorable: 5→1; Unfavorable: 1→5
Psychological Well-Being (Y)	Ryff & Keyes in Novianti & Alfian, 2022	Self-acceptance, Positive relations, Autonomy, Environmental mastery, Purpose in life, Personal growth	5-point Likert	Favorable: 5→1; Unfavorable: 1→5

3.4 Data Collection Procedure

Data were collected using an online questionnaire. Participants completed the instrument anonymously and voluntarily after receiving study information and agreeing to informed consent. The questionnaire included demographic items and three scale sections assessing family attachment, resilience, and psychological well-being.

3.5 Validity and Reliability

Content and construct relevance were evaluated by experts prior to field administration. A pilot test involving approximately 60 respondents was conducted to examine item performance. Item validity was assessed using Pearson's product-moment item-total correlation. Items with adequate correlation coefficients and statistical significance were retained for the final instrument. Internal consistency reliability was tested using Cronbach's alpha, with $\alpha \geq 0.70$ interpreted as acceptable for research purposes ([Sugiyono, 2017](#); [Afianti & Oktawahyudi, 2021](#)).

3.6 Data Analysis Techniques

Data analysis was conducted using quantitative statistical procedures to examine the relationships between family attachment, resilience, and psychological well-being among adolescents from divorced families. The analysis consisted of descriptive statistics, reliability

testing, and inferential analysis using multiple linear regression [Cholid & Nuradina \(2025\)](#).

First, descriptive statistics were used to summarize respondents' characteristics and the distribution of the research variables. Measures of central tendency and dispersion, including mean, standard deviation, minimum, and maximum values, were used to describe family attachment, resilience, and psychological well-being. These results provided an overview of respondents' psychological conditions and supported the interpretation of subsequent inferential analyses.

Second, the internal consistency of the measurement instruments was assessed using Cronbach's alpha coefficients. An instrument was considered reliable when the alpha value exceeded the acceptable threshold, indicating adequate internal consistency among the items measuring each construct. Reliability analyses were conducted for family attachment, resilience, and psychological well-being to ensure that all scales were suitable for subsequent statistical testing.

Prior to hypothesis testing, classical assumption tests were conducted to ensure the appropriateness of the regression model. The normality of the residuals was assessed using the Kolmogorov–Smirnov test, with p-values exceeding the conventional threshold indicating normality. Multicollinearity was assessed using tolerance and variance inflation factor (VIF) values, where tolerance values greater than 0.10 and VIF values below 10 indicated the absence of multicollinearity among independent variables. Heteroskedasticity was tested using the Glejser method, with non-significant results suggesting homoscedastic residuals.

Hypothesis testing was performed using multiple linear regression analysis to examine the effects of family attachment and resilience on psychological well-being. Psychological well-being was treated as the dependent variable, with family attachment and resilience as independent variables. The regression model estimated the magnitude, direction, and significance of each predictor's effect on psychological well-being.

Model fit and explanatory power were evaluated using the coefficient of determination (R^2) and the F-test. The R^2 value indicated the proportion of variance in psychological well-being explained jointly by family attachment and resilience, while the F-test assessed the overall significance of the regression model. Individual hypotheses were evaluated using t-tests to determine whether each independent variable had a statistically significant effect on psychological well-being.

All statistical analyses were conducted at a 5% significance level. The results of the analyses were presented in the Findings section using summary tables to facilitate interpretation and ensure clarity in reporting.

4. Findings and Discussions

4.1 Sample Characteristics

The demographic characteristics of the respondents are presented in Table 3. The study involved 60 adolescents from divorced families residing in Baleendah District. The sample was predominantly female, comprising more than four-fifths of respondents. Regarding age distribution, most participants were in late adolescence, particularly in the 17–18 age range.

Table 3. Sample Characteristics of Respondents (N = 60)

Characteristics	Category	n	%
Gender	Male	10	17
	Female	50	83
Age	12–13	6	10
	14–16	15	25
	17–18	39	65
Education	Junior High School	16	27
	Senior High School	44	73

Regarding educational background, the majority of respondents were enrolled in senior high school, indicating that most participants were at a developmental stage characterized by increasing psychological autonomy and identity formation.

4.2 Descriptive Statistics of Research Variables

Descriptive statistics for family attachment, resilience, and psychological well-being are summarized in Table 4. Overall, respondents reported relatively high mean scores across all three variables.

Table 4. Descriptive Statistics of Family Attachment, Resilience, and Psychological Well-Being

Variable	Mean	SD	Min	Max
Family Attachment	150.23	24.47	68	196
Resilience	153.38	21.94	121	206
Psychological Well-Being	79.65	11.55	57	107

Family attachment showed a mean score of 150.23, indicating generally strong emotional bonds with family members despite parental divorce. Resilience demonstrated a comparable mean score of 153.38, suggesting that most adolescents possessed adaptive capacities to cope with stress and life changes. Psychological well-being also had a relatively high mean score (79.65), indicating generally positive psychological functioning among respondents. The standard deviations indicate moderate variability within each construct, suggesting that although the majority of adolescents reported favorable psychological conditions, individual differences in emotional experiences and coping capacities remained evident.

4.3 Reliability of Measurement Instruments

The reliability analysis results are presented in Table 5.

Table 5. Reliability Analysis of Research Instruments

Variable	Cronbach's Alpha
Family Attachment	0.879
Resilience	0.881
Psychological Well-Being	0.784

All research instruments demonstrated satisfactory internal consistency, with Cronbach's alpha coefficients exceeding the acceptable threshold. Family attachment and resilience exhibited

high reliability, while psychological well-being also showed adequate consistency. These results confirm that the measurement instruments were reliable and suitable for subsequent statistical analysis.

4.4 Regression Analysis Results

To examine the effects of family attachment and resilience on psychological well-being, multiple regression analysis was conducted. The regression coefficients are reported in Table 6.

Table 6. Multiple Regression Analysis Predicting Psychological Well-Being

Predictor	B	SE	β	t	p
Constant	68.604	19.597	—	3.501	.001
Family Attachment	−0.107	0.068	−0.226	−1.574	.121
Resilience	0.177	0.076	0.336	2.334	.023

The results indicate that resilience had a positive and statistically significant effect on psychological well-being. This finding suggests that adolescents with higher levels of resilience tend to report better psychological well-being.

In contrast, family attachment did not demonstrate a significant direct effect on psychological well-being. Although the regression coefficient for family attachment was negative, the effect was not statistically significant, indicating that variations in family attachment alone were insufficient to predict adolescents' psychological well-being in this sample.

4.5 Model Fit and Explanatory Power

The overall model fit is summarized in Table 7.

Table 7. Model Summary and Goodness of Fit

R	R ²	Adjusted R ²	F	p
0.506	0.256	0.230	9.806	.000

The regression model accounted for approximately 25.6% of the variance in psychological well-being, indicating moderate explanatory power. The adjusted R² indicates that the model remained stable after accounting for the number of predictors. The F-test results further confirmed that the model was statistically significant, indicating that family attachment and resilience jointly accounted for variation in adolescents' psychological well-being.

4.6 Summary of Key Findings

In summary, the findings reveal that resilience plays a significant role in enhancing psychological well-being among adolescents from divorced families, while family attachment does not exert a significant direct influence. However, the overall model indicates that both variables jointly contribute to psychological well-being, highlighting the combined role of internal adaptive capacities and family-related factors in shaping adolescents' psychological outcomes.

4.7 Discussion

This study aimed to examine the roles of family attachment and resilience in shaping the psychological well-being of adolescents who experience parental divorce. The findings offer

several important insights into how external relational factors and internal adaptive capacities interact in influencing adolescents' psychological functioning.

First, the results indicate that family attachment does not exert a significant direct effect on adolescents' psychological well-being. This finding suggests that emotional bonds with family members, while generally perceived as strong, may not be sufficient on their own to enhance psychological well-being in the context of parental divorce. Psychological well-being is a multidimensional construct that reflects not only interpersonal relationships but also individuals' capacity for self-acceptance, emotional regulation, and meaning-making. In post-divorce family contexts, changes in caregiving roles, communication patterns, and emotional availability may diminish the direct protective function of family attachment, even when emotional bonds remain.

This finding aligns with previous studies suggesting that the influence of family attachment on psychological well-being is often indirect rather than direct. Family attachment may serve as a contextual foundation that provides emotional security, but its contribution to psychological well-being depends on how adolescents process and use this support internally. In other words, attachment alone does not automatically translate into psychological well-being without effective internal coping mechanisms.

Second, resilience emerged as a significant positive predictor of psychological well-being. This result highlights resilience as a key internal resource that enables adolescents to adapt to emotional stress, regulate negative affect, and maintain a positive sense of self despite adverse family circumstances. Adolescents with higher resilience are more likely to reinterpret stressful experiences constructively, maintain emotional balance, and preserve a sense of purpose, all of which are core components of psychological well-being.

In the context of parental divorce, resilience appears to function as an active psychological mechanism rather than a passive trait. It allows adolescents to manage uncertainty, emotional loss, and changes in family structure more effectively. This finding reinforces the view that psychological well-being in adolescence is strongly shaped by adaptive capacities that help individuals navigate developmental challenges and life stressors.

Third, the joint contribution of family attachment and resilience underscores the importance of integrating external and internal factors in understanding adolescents' psychological well-being. While family attachment provides emotional grounding and a sense of security, resilience determines how effectively adolescents transform this support into adaptive psychological outcomes. The findings suggest that resilience plays a more prominent role in translating relational support into psychological well-being, particularly when family stability has been disrupted.

Taken together, these findings emphasize that psychological well-being among adolescents from divorced families is not solely determined by the presence of emotional bonds but by the adolescents' ability to adapt, regulate emotions, and derive meaning from challenging experiences. Strengthening resilience may therefore be more critical than focusing exclusively on relational factors when designing interventions to improve adolescents' psychological well-being.

5. Conclusion

This study concludes that psychological well-being among adolescents who experience parental

divorce is shaped more strongly by internal adaptive capacities than by family relational factors alone. While family attachment remains an important emotional foundation, it does not directly determine adolescents' psychological well-being in post-divorce contexts. Instead, resilience emerges as a key psychological resource that enables adolescents to regulate emotions, adapt to family changes, and maintain positive psychological functioning.

The findings highlight that emotional bonds within the family must be accompanied by effective coping and adaptive mechanisms to support adolescents' well-being. Therefore, efforts to enhance psychological well-being among adolescents from divorced families should prioritize the development of resilience alongside maintaining supportive family relationships. By emphasizing internal strengths and adaptive capacities, this study contributes to a more nuanced understanding of adolescent psychological well-being in the context of family disruption.

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